



Being a young carer can be tough...

...but we can help!



Do you help look after someone in your family who has an illness or disability? Looking after someone can be tough — extra worries, more stress, juggling school, friendships and caring. But we're here for YOU!

With Surrey Young Carers you can get...

- Time out for some fun and a break.
- Events for support and information.
- The chance to meet other young people just like you!



*Get in touch with Surrey Young Carers, part of
Action for Carers Surrey, to find out more!*

 call 0303 040 1234 (pick option 3)

 email SYC@actionforcarers.org.uk

www.actionforcarers.org.uk



Charity Registration No 1116714